

Positive Alternatives 2016 - 17 Quarterly Update

Grantee (Name and city): Chisago Life Care (DBA Options for Women Chisago Co)

Location: 6344 Elm Street, North Branch, MN 55056

Contact Person: Kori Schmidt

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Goal: To provide positive alternatives to abortion to pregnant women and parenting men and women

For the period/quarter: Quarter 4

| Activity or Service | Activity or Service Description Major Work Plan Activities | Work Plan Count | Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity. | Report Count |
|----------------------------------|--|-----------------|---|--------------|
| Administrative Activities | Hire grant staff Provide guidance to grant staff Attend required grant staff | | Training materials have been purchased to educate staff on topics related to client services. | |
| Outreach | Oversight of web site update and redesign, marketing plan and advertising within the community. Strengthen relationship with existing community partners and identify new community partners in order to identify potential referral sources for clients and increase capacity of programming. | | We updated and renewed our movie theater ad. At the local North Branch Theater. We made arrangements for a billboard ad. On I35 which went up on June 26 th . We have partnered with the Chisago County public health nurses and are hosting a weekly lactation education and support group. This group will be promoted through the birthplace at Fairview Hospital in Wyoming. We are very excited about this partnership. We spoke at the local workforce center. We met with an adoption agency that we will be partnering with. | |

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| Case Management Services | Provide client follow up for outside and internal programs. Provide referrals and assistance with securing other outside support and social services. | 200 | Clients feel supported and cared for as we build rapport at each case visit and continue to invite them back for follow-up visits. | 202 |
| Crib Distribution/ Sleep Safety Education | Provide practical and material assistance through crib distribution to qualifying clients through Cradle of Hope. Provide safe sleep education to all pregnant women. Provide referrals and assistance with securing other outside support and social services. | 3 | We referred a client in need of a crib to the Baby Blanket's Hannah's Arms session where she earned a brand new crib. We provided safe sleep education to another client. | 2 |
| Employment and Education Assistance | Provide work station and resources for work placement and resources. Provide referrals of qualifying individuals to GED completion program and job counseling internship program | 3 | We referred a couple of clients to our partnering GED completion program and allowed another client to use our work station with internet connection. | 3 |
| Life-Skills Education Program | Provide one on one and group mentoring and workshops on topics to pregnant women and parenting men and women on life skills topics such as financial management, understanding credit scores, budget planning, etc. Provide referrals and | 15 | Earn While You Learn clients were encouraged to take practical classes on various life skills topics which they found useful and informative. | 16 |

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| | assistance with securing other outside support and social services. | | | |
| Material Support/ Mentoring | Provide practical and material assistance to pregnant women and parenting men and women in the form of clothing, diapers and baby equipment. Provide women with information on, referral to and assistance with securing pregnancy and other material support and social services. | 150 | The majority of the material support we provided was in the form of diapers, wipes and baby clothing. Clients are always very appreciative of the diapers we give at each office visit. | 247 |
| Mental Health | Provide one on one and group mentoring and workshops on topics to pregnant women and parenting men and women on parenting topics focusing on infants, toddlers and siblings. Provide referrals and assistance with securing other outside support and social services. | 6 | Our mom and me exercise class continues to improve mental health of the clients who attend by reducing stress levels. | 8 |
| Mentoring Programs | Provide one on one and group mentoring and workshops on topics to pregnant women and parenting men and women on topics such as prenatal and postnatal infant development, healthy life choices, | 75 | We purchased the curriculum updates for our Earn While You Learn Parenting Education program and are pleased to now have this entire program up to date. We now have a step parenting module which will be helpful to many of our clients. | 74 |

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| | parenting support, practical life skills such as budgeting, meal planning and nutrition, smoking cessation classes. Provide referrals and assistance with securing other outside support and social services. | | | |
| Parenting Education | Provide one on one and group mentoring and workshops on topics to pregnant women and parenting men and women on parenting topics focusing on infants, toddlers and siblings. Provide referrals and assistance with securing other outside support and social services. | 40 | This quarter our parenting/discipline classes have been popular with clients who have multiple children. As older children adjust to a new sibling discipline challenges typically develop. Our lessons on tantrums have been helpful for several clients. | 37 |
| Pregnancy Testing | Pregnancy testing and counseling, client intake and provide program information. Provide women with information on, referral to and assistance with securing pregnancy support and social services. | 5 | Clients appreciate the material support and referrals we provide which alleviates some of their stress surrounding pregnancy. | 5 |
| Provide Necessary Services to all clients | Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support and social services. Utilize resource database to provide information and make referrals. | 6 | This quarter we managed 22 individual cases that fit the grant limitations. The assessment process really is ongoing. As clients share their struggles at each weekly appointment we offer referrals and help them acquire resources to address their need. We are excited when we can locate a resource to assist a client's unique situation. | 5 |

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| Provide Necessary Services Assessments Only | Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals | 3 | Our FitMoM exercise class has been well attended this summer. New clients came to these sessions and learned about the other programs we offer. Most of them had children over the age of 1. | 11 |

| Maternal and Child Health Initiative Task Force Strategies | No. |
|---|------------|
| <i>Number of women who received car seats and car seat safety education from a PA funded program activity</i> | 0 |
| <i>Number of women who received car seat safety education only from a PA funded program activity</i> | 0 |
| <i>Number of women who received child abuse prevention education from a PA funded program activity</i> | 0 |
| <i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i> | 0 |
| <i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i> | 0 |
| <i>Number of women who received sleep safety education only from a PA funded program activity</i> | 1 |

Challenges:

Comments: